



Hornet University Times

August 2015

CNATTU OCEANA HOSTS OPEN HOUSE

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AT1 (AW/SW) Joshua Moore
August 25, 2015

On August 21st, CNATTU Oceana hosted an Open House to showcase and provide staff families and friends with an understanding of our occupations and how we support the Fleet. Guests were treated to a guided tour of each of CNATTU's three Military Training Units (MTU's) and were shown some of the amazing trainers and equipment used onsite to prepare Sailors and Marines for their jobs in the fleet.

This rare behind the scenes look into the world of Naval Aviation technical training provided a great opportunity for our staff



aircraft's removed M-61A2 20mm gun was also on display for a close-up look at the intimidating weapon. MTU 1039 showed off their Simulated Aircraft Maintenance Trainer (SAMT) in operation, complete with a computer generated aircraft, simulated discrepancies and full-size mockup of an actual Hornet cockpit. MTU 1041 exhibited the always-impressive F/A-18E/F Landing Gear/Hydraulic System Maintenance Training Suite hydraulic landing gear trainer in operation. MTU 3010 demonstrated diagnostic testing of a Hornet radar antenna and a Forward Looking Infrared (FLIR) on the flagship of the Navy's standard automatic test equipment family, the Consolidated Automated Support System (CASS).

Each MTU provided a brief synopsis of the equipment and hands-on demonstrations to show how the instructors are able to utilize them to better prepare our Sailors and Marines for the fleet. Following the tours, family members and guests were invited to lunch provided by MWR. Pizza and drinks were provided, as well as aviation themed activities for the younger visitors. All were encouraged to talk and spend time with the many instructors on hand. This event greatly strengthened the bonds between the command at CNATTU and the family members.



members to showcase their everyday job to their loved ones and potential future Sailors or Marines. The open house featured guided tours for the more than 50 family members as they traveled the MTU's and experienced the demonstrations hosted by each.

Tours began with a static display of an F/A-18C aircraft where each visitor had an opportunity to take a look at the cockpit. The

BOY SCOUTS OF AMERICA VISIT CNATTU OCEANA

AZ2(AW) Amy Foster
August 26, 2015

Each year the Boy Scouts of America organization take part in many activities such as camping, visiting national historical sights, skill building events and service projects. On August 21st, Boy Scout Troop 2854, from Richmond Virginia, joined CNATTU's Family Day Open House. The scouts got a chance to see and touch the training simulators of the F-18E/F aircraft that enable us succeed in our mission of training Sailors for the fleet. After a big lunch at the NAS Oceana galley, the

scouts headed to CNATTU building 240 to check out some of our amazing training equipment. They were greeted by MTU 1041's CPOIC, AECS Jeffrey Vanwyk, and given a tour of the facility.

During the tour, one of the most interesting things the scouts got to see was the F/A-18E/F Landing Gear/Hydraulic System Maintenance Training Suite. Under the close supervision of qualified CNATTU staff members, they were able to actually retract and extend aircraft landing gear while learning a little about an aircraft carrier, its flight crew and its Sailors. They were surprised by the simulator's authenticity and movement. The scouts

also got to learn about the operation and dangers of an aircraft ejection seat and were relieved to hear that they could not be ejected from the simulator.

For over a century, the Boy Scouts of America has helped build the future leaders of this country by combining educational activities and lifelong values with fun. The BSA believes that helping youth is a key to building a more conscientious, responsible, and productive society. The well-behaved scouts of Troop 2854 represented these values well and we hope to see them back again next year.



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CHIEF SELECTEES EXPERIENCE MCMA

SSGT Adam Hall
August 26, 2015

Physical fitness is an integral part of CPO 365 Phase II training. Sergeant Robert Johnstone, of MTU-3010, designed a hands-on demonstration for the FY-2016 NAS Oceana CPO Selectees which he put into action on August 17th. The Marine Corps Martial Arts Program (MCMAP) is driven by the philosophy of "one mind, any weapon," and combines some of the most effective unarmed techniques from various martial arts with techniques designed for combat.

First, the selectees learned of the history of MCMAP and then witnessed demonstrations of various moves, from Tan Belt through Black Belt.

It uses a belt ranking system that begins at Tan Belt and progresses up to 6th Degree Black Belt. MCMAP techniques begin with fundamentals and become more difficult as each level is reached. In addition, each belt level has a corresponding number of Mental and Character discipline requirements that help develop the Warrior Ethos.

Next, the selectees got a chance to participate in a combat fitness program that consisted of buddy drags and carries, burpees, ammo can lifts, and various other exercises that Sgt Johnstone and his fellow Marines used to test them physically and mentally.

After their grueling PT session each selectee got a chance to test what they learned and grappled with some of the



Marine Black Belts in the rubber pit outside of MATSG-33. For some of them this was their first ever experience with any kind of martial arts.

By the end of the event, the selectees had gained new understanding of the commitment and discipline required of a Marine. Which is important, because as Sailors and Marines increasingly work side by side, Chief Petty Officers need to understand the importance of the MCMAP program to a Marine's career and be able to give sound guidance to both the Marines and Sailors that they might find working for them in the future.



CNATTU OCEANA OMBUDSMAN CORNER

Elizabeth Chapman
CNATTU Oceana Ombudsman
August 31, 2015

Everyone can make a difference and contribute to suicide prevention at any time. Consider what you would do if you or someone else was struggling to cope with a personal crisis.



Ask - Ask if someone is depressed or thinking of suicide.

Care - Listen, offer hope and don't judge.

Treat - Take action, don't leave the person alone, and get assistance.

If you or someone you know is in immediate danger, call 911. If you or someone you know is contemplating suicide, seek assistance immediately by contacting the Military Crisis Line at 1-800-273-8255.

Understanding suicide warning signs and risk factors can empower you to help identify, prevent and intervene early to save lives. Military Crisis Line's suicide prevention resources help individuals recognize and understand suicide related behaviors, risk factors, warning signs, and protective factors as well as learn how to help if confronted with a suicide situation. These valuable resources can be used not only by Sailors or Marines who need a helping hand but also by family members and friends, command leadership, command suicide prevention coordinators (SPCs), behavioral health providers, primary care and other specialty providers and chaplains.

Contact Information

For more information or questions regarding suicide prevention resources,
(757) 953-0959

Email: pew@nmcphc.med.navy.mil

If you or someone you know is at risk for suicide, seek help from the following resources:



If it is important to you, it's important to me. When you have a question or need assistance with a specific matter please contact me so I can help. As your Ombudsman, I am always available by phone 757-274-3177 or email CNATTUoceanaOmbudsman@gmail.com. Together we can optimize your ability to obtain more information and resources, getting you the help you need.



HORNET UNIVERSITY TIMES EDITOR'S NOTE:

AM1(AW) Douglas S. Campbell
August 30, 2015

Hornet University Times is a great benefit to all of CNATTU by allowing organized communication of command events, volunteer opportunities, and organizational announcements.

If you would like to write an article or include information in the next issue of Hornet University Times, send your story to any of the PAO staff: AM1 Campbell, SSgt Hall, AT1 Moore, AT1 Anderson or AZ2 Foster. Please include any photos.

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We are on the web!

<http://www.netc.navy.mil/centers/cnatt/oceana/>

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Live 1-on-1 Help Confidential Worldwide 24/7

Help is just a *Click,*
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For confidential victim assistance visit www.SafeHelpline.org



**Military/Veterans
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Train to
Fight... Fight
to Win!



The Center for Naval Aviation Technical Training Unit Oceana's mission is to provide advanced technical training to Department of Defense personnel in direct support of genuine and emerging fleet requirements

In June 2004, Naval Air Maintenance Training Group Detachment Oceana was renamed as the Center for Naval Aviation Technical Training Unit, Oceana (CNATTU, Oceana). CNATTU, Oceana, currently provides curricula for advanced technical training for the F-18 Hornet and Super Hornet, Consolidated Automated Support System (CASS), and other various Automated Test Equipment and aircraft maintenance training courses. A variety of Maintenance Training Units (MTUs) provide diversified training for students.

CNATTU OCEANA SAFE RIDE CARD



SEE REVERSE SIDE FOR INSTRUCTIONS

INSTRUCTIONS FOR USE:

1. CONTACT ACDO AT (757)433-3362
2. GIVE NAME, RANK, AND LOCATION
3. VERIFY RECALL INFORMATION

SAPR # 438-3260

